

# BRAIN Waves

OCTOBER 2021



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## Contact us ...

*We are a ministry of*

**St. Paul Lutheran Church**

730 County Road PPP

Sheboygan Falls

(920) 627-6847

Email: [tgp@stpaulfalls.com](mailto:tgp@stpaulfalls.com)

Web: [memorymattersmost.com](http://memorymattersmost.com)



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## Quote of The Month ...

*"Life is not about  
waiting for the  
storm to pass but  
learning to dance  
in the rain."*

## Leah's Notes ...



**Leah  
Zehel,**  
*Director*

We all know memory loss affects everyone, the individual, their family, and friends. It is sometimes painful to see someone you knew at an earlier part of life fail to remember things. This is especially hard when you know who the person was before the disease and they become depressed and this starts to affect their daily living.

Something that I hear often from our families here at The Gathering Place is that friends start to shy away and start to not include the person with dementia in their outings or gatherings anymore. If the person with memory loss is married this means the

spouse also starts to feel rejected which can add to depression and social isolation for the couple.

You can, and should, continue to be a friend to someone with dementia. The first thing you can do is learn something about the process your friend is experiencing. This means attending classes in the community that explain the process, to give families and friends tools to use in communicating with someone who is challenged with impaired memory or other cognitive issues.

As memory becomes more impaired the "moment" becomes so very important to those with dementia. This means that your invitation to take a walk, visit a public garden or art gallery might be well received because the only expectation is to view and enjoy. The individual will not be challenged in

experiences that rely on memory to participate. It is important to protect self-esteem and not leave your friend feeling that they have failed. The more you pre-plan your event the more likely everyone feels good about the time spent together.

Learning how to communicate with someone with dementia is an art and often very challenging. Never make your time together a quiz to see what they remember, keep information simple, reducing stress and choices will allow you both to enjoy the moment. When we are in the moment, we are most present for ourselves and others. This is a wonderful lesson that contributes to life satisfaction and can be taught by those experiencing this challenging journey. So, don't be afraid to be a friend and don't take any "moments" for granted! ■



## VOLUNTEER CORNER

### Volunteer Training and November Giving Campaign

We are slowly rebuilding our program with the help of so many volunteers, coming in several days a week until we can recruit more volunteers. Hopefully this fall we can welcome even more volunteers, especially with our exciting volunteer training coming up October 15th.

We are also rebuilding our program financially as we head into our November Giving Campaign. If volunteering isn't something you can do right now, consider a

donation to our fall campaign. You can direct your donation to a variety of programs, entertainment, meals, outings and arts and crafts are just a few. It's easy to donate and 100% of your donations go directly to our program. Just follow this link to our website [memorymattersmost.com](http://memorymattersmost.com) (go to donation tab). You can also send in a check to The Gathering Place, 730 County Road PPP, Sheboygan Falls, WI 53085

Thank you, friends and families, for your continued support. ■




**All Behaviors are Communication**

**VOLUNTEER TRAINING**

**Friday, October 15 • 9 to 11:30 a.m.**  
**St. Paul's Lutheran Church**  
 Sheboygan Falls in the Fellowship Hall

*Please RSVP to Leah at 920-627-6847.*



**HOW CAN YOU HELP?**

**NOVEMBER GIVING CAMPAIGN**

**YOUR DONATION SUPPORTS:**  
 Music and Entertainment  
 Arts and Craft supplies  
 Outings • Meals and Snacks

Please contact us at **920-627-6847**  
 or visit us at **memorymattersmost.com**  
 for more information.





# Memory Minute

By Leah Zehel

## The health benefits of kindness

It's a fact! Being kind is good for the mind, body, and soul. It helps increase self-esteem, improve mood, decrease blood pressure, and reduce stress by decreasing the stress hormone cortisol. It can help enhance a sense of connectivity with others and decrease loneliness. Being kind has a positive effect on the brain boosting the hormone serotonin, dopamine, and oxytocin. These neurotransmitters produce feelings of satisfaction and well-being and light up the "pleasure reward centers" of the brain. During this process, endorphins, the body's natural pain killer, can be released. All of this adds up to a win-win situation for both givers and receivers of acts of kindness. We should also extend kindness to ourselves. Those who verbally beat themselves up, feel unworthy, and view life negatively are generally not happy, healthy people. Being positive, being kind to yourself, feeling gratitude, and viewing our mistakes as opportunities for improvement makes for a well balanced life! ■



## Memory Matters Calendar

**October 7 ~ Music with Bob Welsch**

**October 14 ~ You be the Judge with Guest Brad**

**October 21 ~ Stay Organized**

*How organization will help your memory*

**October 28 ~ Art with Claire from JMKAC**





## TGP Special Events & Activities

Families always welcome to our Entertainment Events!

- October 5 *Bell Choir with Ruth*
- October 6 *Who Wants to be a Millionaire with Donna*
- October 12 *Sing a long with Thomas and Karen*
- October 13 *Card Making*
- October 14 *Music with George Possley*
- October 19 *Music with Two Sharps and Two Flats*
- October 20 *Music with Eric Cox*
- October 25 *Music with Rob Peterson*
- October 27 *Music with Daniel Lovett*

